SOUTHWEST VIRGINIA

Find a local food pantry through the Federation of Virginia Food Banks.

Free Homeownership Class
Virginia Housing
Check the calendar for available locations and dates, online or in person.

Legal Aid Workshop - Repairs & Security Deposits
VLAS
Ruby B. Archie Library
511 Patton Street, Danville, VA 24541
March 10, 1 :00 PM
*****Representatives from VLAS will present information on this common legal issue including general guidelines, applicable eligibility, and helpful tools.

Danville Chapter of The Health Collaborative Meeting
Virginia Cooperative Extension
First Baptist Church 871 Main St, Danville, VA 24541
March 12, 12 PM

Community Resource Event
VLAS
Park View Community Mission
2420 Memorial Avenue, Lynchburg, VA,
March 12, 9:30 AM to 10:30 AM
*Representatives from VLAS staff will be on site the 2nd Thursday of every month to offer legal resources and provide information on our services.

Legal Aid Workshop - Housing Rights
VLAS
Miller Center, Rm 306
301 Grove Street Lynchburg, VA, 24501
March 12, 1 PM
* In Partnership with the Lynchburg Public Library representatives from VLAS will present information on this common legal issue including general guidelines, applicable eligibility, and helpful tools.

Free Health Screening and Services
The Health Wagon
Smiddy Clinic
5626 Patriot Dr, Wise, VA 24293
March 12, 9 AM to 4 PM
For more information here

Free Health Screening and Services
The Health Wagon
Bernie Kenny Clinic
241 Main St, Clintwood, VA 24228
March 13, 9 AM to 4 PM
For more information here

CHAP COMMUNITY HEALTH EXPO 2026
Jubilee Family Development Center
1512 Florida Avenue, Lynchburg, VA 24501
March 14, 9 AM

"Women of Welcome" Local Chapter
Women's of Welcome
1030 Mecca St. NE, Roanoke
March 17, 12 PM
*For our Roanoke community to help dive into what the Bible says about helping and supporting immigrants and refugees. More about the organization here.
Registration Here if you would like to attend.

REVIVE! Learn How to Reverse an Opioid Overdose (In-Person)
Roanoke City and Alleghany Health District
Roanoke City Health Department - Virginia Department of Health
1502 Williamson Road Northeast #2nd Floor Roanoke, VA 24012
March 17, 5:30 PM to 7 PM
*Learn how to save a life! This class will teach you how to recognize and respond to an opioid overdose with naloxone.

Trauma-Informed Training – Trauma Basics
Roanoke TICN
March 18, 1 PM - 2:30 PM, Zoom
*Objective: To bring understanding and awareness to trauma-informed care models and organizations. To identify some of the common behavioral presentations in the wake of trauma. To understand how protective factors provide support for resiliency (in both prevention and growth). Email Decca Knight at decca.knight@roact.org with any questions.

The Power of Clarity: Unlock Success Through Embedded Transparency
Roanoke Higher Education Center
108 North Jefferson Street, Roanoke, VA 24016
March 19, 9 AM

"It Takes a Village" Parent support Group Workshop "Addiction recovery & setting health boundaries"
YMCA Powerhouse & Partners
204 Town Square St, Glade Spring, VA 24340
March 19, 12 PM, every Third Thursday
Registration Here

Path to Homeownership: Empowering Families, Building Communities
LAC DST & DBH4H
300 Lucado Place, Lynchburg, VA 24504
March 21, 11 AM

Consulado Mexicano Sobre ruedas
Casa Latina
3110 Pioneer Rd NW, Roanoke, VA 24012, USA
March 23 al 27, Call for appointment WhatsApp o Call 434-309-0009

STRONG Coalition – Recharge Lunch and Learn
Strong Coalition
March 24, 12 PM – Virtual. Registration

3rd Annual Problem Gambling & Gaming Prevention Conference
Region III West Wellness Council
Southwest Virginia Higher Education Center
1 Partnership Circle, Abingdon, VA 24210
March 25, 9 AM

The Gathering
FIVE18 Family Services
HumanKind
1903 HumanKind Way, Lynchburg, VA 24503
March 25, 12 PM

Spring 2026 SWVA Cancer Advisory Board Meeting
UVA health
Town of Lebanon Rec. Center
45 Gibson St, Lebanon, VA 24266
March 26, 10 AM to 2 PM - Registration

Bridging Strategy Impact: A Building Day of Learning
Center for Nonprofit Excellence
848 French More Jr. Blvd. Abingdon VA
March 26, 9 AM to 5 PM

Nowruz (Persian New Year)
Local Colors
Art Walk/Main Library Area
706 South Jefferson Street, Roanoke, VA, 24016
March 28, 1:30 PM 2:30 PM

Casa Latina Red de Salud/Health Network
Casa Latina Roanoke
3110 Pioneer Rd NW, Roanoke, VA 24012, USA
March 31, 1 PM – In person meeting
*For more information reach out to Malinda at casalatinarv@gmail.com

Other ongoing services and resources:

Maternal Mental Health Counseling

The It Takes a Village (ITAV) program, launched by the Virginia Health Care Foundation in 2025, provides vital mental health support for pregnant and postpartum mothers across Virginia. ITAV connects individuals with behavioral health providers **for telehealth and in-person counseling—offered in both English and Spanish. Services are available at low or no cost through participating organizations,** with all locations accepting insurance and offering sliding fee scales for those without coverage.

Maternal Mental Health Counseling

Health Brigade

The It Takes a Village (ITAV) program, launched by the Virginia Health Care Foundation in 2025, provides vital mental health support for pregnant and postpartum mothers across Virginia. ITAV connects individuals with behavioral health providers **for telehealth and in-person counseling—offered in both English and Spanish. Services are available at low or no cost through participating organizations,** with all locations accepting insurance and offering sliding fee scales for those without coverage. Flyer.

Citizen Recovery Program (CRP)

Hurricane Helene and Winter Storm Jett

The United Way of Southwest Virginia's Citizen Recovery Program (CRP) application is only for disaster assistance needs related to Hurricane Helene and Winter Storm Jett. Immediate needs qualify as short-term financial assistance such as: rent and utility assistance, food assistance, assistance with replacing vital documents, personal property replacement, etc. For more details and eligibility. Here. Available flyer.

PowerHouse YMCA Parenting programs (Free)

YMCA Powerhouse & Partners

204 Town Square St, Glade Spring, VA 24340

Different dates and times check flyer here

Health Wagon Mobile Clinics

Different Locations. Calendar scheduled and services Here

* The Health Wagon visits sites in Southwest Virginia's Buchanan, Dickenson, Lee, Russell, Scott, and Wise counties on a weekly basis.

Do you need Insurance? Medical, Dental and Vision

The Health Wagon

Find assistance Southwest: Application for Medicaid, Denials or Renewals

Call Megan Clark Medicaid Outreach Worker 276-328-9950 or 276-870-2379 email: mclark@thehealthwagon.org

Upcoming events:

LGBTQ+ Health Summit

Roanoke City and Alleghany Health District

Melrose Plaza

2502 Melrose Avenue Northwest, Roanoke, VA 24017

April 17, 8 AM

"Love Shouldn't Hurt" Domestic Violence Conference

Ladies of Vision Ministry

High Street Baptist Church

2302 Florida Avenue Northwest, Roanoke, VA 24017

April 18, 9 AM

Lynchburg Community Academy 2026

DARS

Lynchburg Regional Business Alliance

300 Lucado Place, Lynchburg, VA 24504

April 19, 9 AM

*Join us at Lynchburg Community Academy 2026 to network, share knowledge, and celebrate generations!

Holler to Horizon Resource Fair

Healthy Families Southwest Virginia

335 Fairground Rd. Pennington Gap, VA 24277

May 29, 9 PM to 4:30 PM